

TAI CHI

MOVING FOR BETTER BALANCE

Join us at
The Brookfield Senior Center
for the internationally recognized Tai Chi form
developed by Dr. Li of the Oregon Research Institute

This simplified, easy to learn form is
designed to help seniors improve:

Balance and Flexibility

Stamina and Co-ordination

Lower Body Strength

Bone Density

Energy – both mental and physical

Stress Relief

Mondays at 10:45 am

Thursdays at 6:00 pm

Yang Short Form Class Wednesdays at 9:45 am

Please preregister and pay for classes at the Senior Center 203-775-5308